FELT LIKE AN IRON The Kitchen BAND AROUND HEAD

Mrs. Osborne Says She Shudders When She Thinks How She Suffered.

"For years," said Mrs. V. B. Osborne, of 718 Lancaster Ave., Lexington, Ky., "I have been in a run-down condition; nervous, weak and dizzy. I was actually so nervous that any sudden noise or excitement would produce a palpitation of my heart that frightened me. I absolutely could not climb stairs, for to attempt such would thoroughly exhaust me.

"I had nervous headaches and when they came on it seemed that an iron band was drawn tight around my head. now shudder when I think of those bendaches. My stomach was weak and I could not digest the lightest liquid food. Any food of a solid nature caused nauses and the sickening sensation remained for hours.

"My misery was almost unbearable. My sleep was never sound and I was worn out all the time. My condition was indeed a very deplorable one. I finally sought treatment in Cincinnati, but nothing helped me one particle. I was on the verge of giving up in despair when a neighbor pleaded with me to try Taniac. I obtained a bottle of the medicine and began its use.

"I began improving at once and soon felt my nervousness and dizziness dis-appearing. Then my headaches left me and I resilized my strength had returned. My appetite and digestion improved and I am now so much better n every way. This Taniac is a wonderful medicine and the only one that ever really helped me. I hope every poor woman who is suffering as I did will try it."

Tanlac is sold by leading druggists everywhere.-Adv.

Careless youth fills age with care.

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it

Bears the Signature of Cartillation.
In Use for Over 30 Years.
Children Cry for Fletcher's Castoria

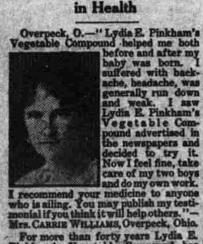
There are fifty-six varieties of kangaroos.

Freshen a Heavy Skin With the antiseptic, fascinating Cuticura Talcum Powder, an exquisitely scented convenient, economical face, skin, baby and dusting powder and perfume. Renders other perfumes superfluous. One of the Cuticura Tollet Trio (Soap, Ointment, Talcum).—Adv.

A national bird is the engle-with the stork a close second.

BEFORE AND AFTER

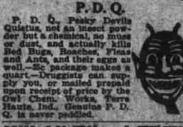
Mrs. Williams Tells How Lydia E. Pinkham's V. Compound Kept Her



Mrs. Carrie Williams, Overpeck, Chio.

For more than forty years Lydia E. Pinkham's Vegetable Compound has been restoring women to health who suffered from irregularities, displacements, backaches, headaches, bearingdown pains, nervousness or "the blues." Today there is hardly a town or hamlet is the United States wherein some woman does not reside who has been made well by it." That is why Lydia E. Pinkham's Vegetable Compound is now recognized as the standard remedy for such allments.

Kills Pesky Bed Bugs P. D. Q.







Cabinet -

(@ 1910. Western Newspaper Union.)

Every spirit as it is more pure, And bath in it the more of heavenly light, So to it the fairer body doth procure To habit in and make it more fairly dight
With sheerful grace and amiable sight.
For of the Soul of the body form doth

For soul is form and doth the body -Spenser, quoting Lamb.

SEASONABLE GOOD THINGS.

Some time for a luncheon or supper dish, try this tempting combination.



Tomato Rarebit-Put two tablespoonfuls of butter in a sauce-pan, and when melted add two tablespoonfuls of flour. Pour on gradually three-

fourths of a cupful of thin cream, and as soon as the mixture is thickened, add three-fourths of a cupful of strained tomatoes, mixed with oneeighth of a teaspoonful of soda; then add two cupfuls of finely-cut cheese, two eggs slightly beaten, sult, mustard and cayenne to taste. Serve as soon as the cheese is melted on hot grabam crackers or toasted bread.

Ham and Noodles.—Butter an earthen baking dish, put into the bottom a layer of boiled noodles; add a layer of cold boiled ham cut in bits, then another layer of noodles, repenting until the dish is full. 'Cover with buttered crumbs, dot with butter and bake in a moderate oven.

Fricatelli,-Grind pork tenderloin very fine through a meat chopper. Season with salt, pepper, grated onlon, and a bit of powdered sage. Take half as much bread as meat, soak the crumbs until soft, squeeze dry and mix with the meat. Add one or two unbeaten eggs to bind. Shape into small flat cakes, dredge with flour and

California Mince Ple.-Pour one cupful of boiling water over one cupful each of apricots and prunes. Let stand three hours, remove the skins from the apricots and the stones from the prunes, cook in the water in which they were soaked until the water is nearly all cooked away. Mix the dried fruit with one cupful of raisins, one-half cupful of minced citron, the juice of an orange, one-half teaspoonful each of cinnamon, nutmeg and cloves, onefourth cupful of walnuts, one cupful of sugar and one-half cupful of almonds. Bake with two crusts,

There must be no stint of labor where labor will tell for our neigh-bors' happiness, but no wasteful ex-travagance of it where it will not

HELPFUL HINTS.

Mildewed gloves may be hung in wooden box in which is placed a



saucer containing ammonia; cover tightly and the fumles in the course of a day will drive away the mildew.

cloth. used for the first time is solled by a stain or spot, stretch the cloth over embroldery hoops and remove the spot. When dry, press and the cloth is fresh

Oranges, cut in small bits with the rind left on, are especially nice to give to a fever patient who needs something often to cool the mouth. If cracked ice is to be used in the sickroom, it will keep longer if a piece of cheesecloth is tied over the bowl and the ice kept in it. Cover the bowl with another and place a paper bag over both. This will save many

steps to renew the ice. For the bed-ridden who get so tired lying in one position, the following help will be greatly appreciated: Tie stout new cotton cloth strips on each side of the hendboard or bed-frame, having a large knot in the end of each strip to hold. By grasping these supports one may raise up or change position easily. The knots may be slipped under the pillew when not in

For tired feet, a mixture of baking sods and talcum, sprinkled into the shoes, will give great relief. For corns and callouses, keep them covered with adhesive tape, renewing as often as the bathing of the feet reoves the plasters. This keeps the

In applying adhesive plaster to a wound, use short strips with tapes fastened to the strips, which may be unfied, the dressing changed and re-ried without disturbing the adhesive

A simple method to clean silver blackened from use is to place the ple method to clean sliver silver to an aluminum dish with a teaspoonful each of baking soda and salt. Do not boil too long, for silver which is thinly coated may be entirely removed. One may use a piece of aluminum in a grantte dish as the soatton will roughen a good dish.

A plece of camphor, kept in the silver drawer, will help to keep the

silver from tarnishing.

Cement floors are washed by flushing with hose and scrubbing with broom or brush. If they slant toward the drain, as they should, the cleaning

GET GOOD HATCH

Moisture and Ventilation Are Most Important Factors in Securing Normal Chick.

SEVERAL METHODS ARE USED (Prepared by the United States Department of Agriculture.)

Less Danger of Getting Too Much Moisture Into Machine by Sprinking or Souking Floor of the Incubator Room.

(Prepared by the United States Depart-ment of Agriculture.) Moisture and ventilation are closely related factors in incubation, the of each depending upon the other. The former is one of the uncertain factors, for as yet no very satisfactory rules have been evolved which cover all conditions. Good hatches are secured both with and without using moisture, under apparently similar conditions, while each operator generally works out by experience the best amount of moisture to use under his conditions. The moisture and ventilation should, with correct heat, produce a normal chick at the end of the incubation period. Too much moisture may prevent the normal evaporation necessary to allow enough space for the chick to turn in the egg and break the shell, while too little moisture may cause the chick to secome dried and stick to the shell. Moisture is used extensively in hatching in the South, in high altitudes, and in places where the incubator is run in a dry room, say poultry specialists of United States Department of Agriculture.

Many Methods Used. Many methods are used to supply moisture in incubators, such as sprinkling eggs with warm water at about 100 degrees Fahrenheit, or placing a pan of water, a receptacle containing moist sand, or a wet sponge below the egg tray. Another common method of supplying moisture is to sprinkle or soak the floor of the incubator room or to place a pail of water under the lamp. There is less danger of getting too much moisture in the incubator by this method than by putting moisture directly into the egg chamber



Exceptionally Good Hatch.

If a moisture tray or sponge has been should generally be taken out before the chicks pip.

The question of moisture depends largely on the place where the incubator is located. If run in a room in a dwelling house, it is frequently necessary to add moisture even to nonmoisture machines, while such machines run in an ordinary cellar in the same building might not need extra moisture. When a large number of machines is operated in one room extra moisture is more necessary than if only a few are kept together. More moisture must be supplied in a very

Correct Conditions. Water on the glass door of the incubator during batching time is the best indication of correct moisture conditions during incubation. A good way to learn the proper amount of evaporation during incubation is to et one or two hens when starting the incubator, and compare the size of the air cell in the eggs under these two conditions when testing on the seventh and fourteenth days. As the weather hocomes warmer more moisture is gen-erally used than earlier in the season. Many operators add moisture only during the latter part of the hatch. erally on the sixteenth, seventeenth and eighteenth days.

GROWING SOY BEANS FOR HAY

Meeting With Much Favor by Th Who Are Farming en Light or Sandy Soils.

Soy beans for emergency hay purposes have grown rapidly in favor during the last ten years, especially among those who are farming the sandler soils where clover and airdiffs are not likely to do no well. Unlike millets and Sudan grass, both relatively low in protein, soy bean hay is very high in digestible protein, being about equal to airdiffs hay. Although it is a little difficult to cure the palatability and high feeding value of this hay make it a very desir no of this hay make it a very desir

POTATOES ASSUMING THEIR FORMER RANK

Have Receded From Temporary State as Delicacy.

Crop of 1920 Was Largest in History of Country, Amounting to 430,458,-000 Bushels-Steady Drop is Noted in Prices.

With the continuing drop in price potatoes have receded from their tem porary status of delicacy, and are assuming their old rank as a great American staple food. This is to be assumed from figures lately compiled by the bureau of crop estimates, United States Department of Agriculture, which shows that between harvest time and January 1, this year, 285,172,-



Good Potatoes of Uniform Size.

000 bushels of tubers were moved off from the farms on their way to the table. This is 56,799,000 bushels more than left the farms in the corresponding period a year ago, or a half bushel additional for every man, woman and child in the United States,

The potato crop of 1920 was the largest in the history of the country, amounting to 430,458,000 bushels, and of these only 145,286,000 bushels were estimated as remaining in the hands of growers and dealers January 1. In 1919 the crop was 255,773,000 bushels, and the amount in the hands of growers and dealers January 1, 1920, was estimated at 127,400,000 bushels.

When the potnto crop has been large, under normal conditions, the stocks of January 1 usually have been large, and in years of usual production, before 1918, the stocks of January 1 commonly were about one-half of the crop in the total of the principal northern potato-producing states. In the case of the 1920 crop, on the contrary, stocks on the farm January 1 smounted to only one-third of the crop, and were smaller than the average of the three preceding years, when the production was much less.

Statisticians of the department believe the greater consumption of potatoes has been encouraged by the dron in prices. For the entire country the average price received by growers was \$3,09 a bushel August 1; \$1.85, September 1; \$1.35, October 1; \$1.18, November 1; \$1.15 December 1, and \$1.06

FINDING GRADE OF POTATOES

Too Much Dependence Should Not Be Placed on Size Alone-Knobs Detract From Value,

In grading potatoes too much de pendence should not be put on sizing alone, say specialists of the bureau of markets, United States Department of Agriculture. A potato, for example, may be so covered with second growth knobs that It will not pass through the meshes of the grader, but it does not rightly belong in the first grade, quire extra time in preparing the tubers for the table. Or, a potato may neasure up satisfactorily to the standards of size and yet be so diseased as to be worthless,

A potato may even present a fine prize-winning appearance on the sur-face, and be far below grade because of injuries or disease of which there is no evidence without cutting it. Freezing injury, or hollow heart, illustrates cases of this kind. The grower ould not be blamed for losses which result from these causes, but to a great extent field conditions are the primary cause of the troubles which appear when the potatoes are marketed,

POOR POTATOES CUT PROFITS

Waste of Time and Labor Result From Every Bad Specimen in Storage or Transit,

Every rotten, frozen, or undergrade potato that is loaded and every potato olled while in transit or in storag reduces the grower's profits and means a waste of time and labor, says the a waste of time and labor, says the United States Department of Agriculture. It also means a waste of time and labor for every person handling it, a waste of car space, and consequently it amounts to an appreciable loss to the community as a whole. Through its markets inspection service the department is trying to eliminate this waste.

ASPIRIN

Name "Bayer" on Genuine



Take Aspirin only as told in each package of genuine Bayer Tablets of aspirin. Then you will be following the directions and dosage worked out by physicians during 21 years, and proved safe by millions. Take no chances with substitutes. If you see the Bayer Cross on tablets, you can take them without fear for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Druggists also sell larger packages. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.-

Stubs in check books cover a multitude of disappointments.

A Feeling of Security

You naturally feel secure when you know that the medicine you are about to take is absolutely pure and contains no harmful or habit producing drugs.
Such a medicine is Dr. Kilmer's Swamp-

Root, kidney, liver and bladder remedy The same standard of purity, strength and excellence is maintained in every bottle of Swamp-Root.

It is scientifically compounded from vegetable herbs.

It is not a stimulant and is taken in teaspoonful doses. It is not recommended for everything. It is nature's great helper in relieving and overcoming kidney, liver and bladder troubles.

A sworn statement of purity is with every bottle of Dr. Kilmer's Swamp-Root.

If you need a medicine, you should have the best. On sale at all drug stores in bottles of two sizes, medium and large. However, if you wish first to try this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv. mention this paper.-Adv.

Much talk is usually an indication of

FRECKLES Now is the Time to Get Rid of These Ugly Spots.

There's no longer the slightest need of feeling ashamed of your freekles, as Othins—double strength—is guaranteed to remove these homely spota.

Simply get an ounce of Othins—double strength—from your druggist, and apply a little of it night and morning and you should soon see that even the worst freekles have begun to disappear, while the lighter ones have vanished entirely. It is seidom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion. clear complexion.

Be sure to ask for the double strength
Othins, as this is soid under guarantee of
money back if it falls to remove freckles.

Trust men, and they will be true.

No ugly, grimy streaks on the clothes when Red Cross Ball Blue is used. Good bluing gets good results. All grocers carry it-5c.

TWO THINGS NOT LOOKED FOR mor in One of Josh Billings'

Famous Jokes

Andrew Carnegie told a good story at the expense of Matthew Arnold in his "Autobiography." It seems that the English critic was not successful in his lectures in the United States, but he was anxious to learn, and he asked how Josh Billings held his audlence, The American humorist replied "Well, you mustn't keep them laughing too long, or they will think you are laughing at them. After giving the audience amusement you must become earnest and play the serious role. For instance, There are two things in this life for which no man is ever prepared. Who will tell me what these are? Finally someone cries out, 'Death.' 'Well,' who gives me the other? Many respondwealth, happiness, strength, marriage, taxes. At last Josh begins solemly: None of you has given the second. There are two things on earth for which no man is ever prepared, and them's twins,' and the house shakes." Mr. Arnold did also.

Resigned the Vice Presidency. The only vice president to resign was John C. Calhoun, who gave up the vice presidency to become a United States senator.

The next time you buy calomel ask for



The purified and refined calomel tablets that are nausealess, safe and sure. Medicinal virtues retained and improved. Sold only in sealed packages, Price 35c.



Comfortable, Healthful Nights for Baby

follow the use of the safe, pleasant, purely vegetable, guaran-teed non-alcoholic, non-narcotic

MRS. WINSLOW'S The Infants' and Children's Regulator

Medical skill has never devised a safer or more satisfactory remedy for over-Medical skill has never devised a safer or more satisfactory remedy for over-coming colle, diarrhosa, fiatulency, constitution and similar disorders. Thousands of parents owe baby shounding health to Mrs. Winslow's Syrup. They find it never fails to bring quick and gratifying results. Pleasant to take, pleasant to give. Open published formula appears on every label.

At All Druggists

16799

in New York City alone from kidney trouble last year. Don't allow yourself to become a victim by neglecting pains and aches. Guard against this trouble by taking

GOLD MEDAL

The world's standard remedy for kidney, liver, bladder and uric acid troubles. Holland's National Remedy since 1696. All druggists, three sizes

Look for the name Gold Medal on every here and accept no imitation

MAROONED FOR THREE YEARS

Sailor's Long Period of Loneliness on Small Island Located in the South Seas.

Marooning occasionally brings about modern Crusoe; just as it did with Alexander Selkirk, who was put ashore at Juan Fernandez, and whose adventures gave Defoe the foundation for "Robinson Crusoe." The trading schooner, Queen Charlotte, passing a small Island of the Marquesas in the South seas, landed her boat to investigate the smoke of a fire, as it was unlerstood the island was uninhabited. Here was found a United States seaman, who had been put ashore with three shipmates by their captain, on account of their mutinous condu The three others had died, but the man from Connecticut had contrived to live on the fish he caught, and the breadfruit and coconuts and other products which he could gather. When rescued after three years' loneline his utensiis consisted of great shells and two cups which he pos made from the skulls of his com

Too many men who boast of being self-made seem to have been interrupaed before the job was finished.

Let This Food Help You to Health

Sound nourishment for body and brain with no overloading and no tax upon the digestion, is secured from

Grape:Nuts

It embodies the nutrition of the field grains, and it makes for better health and bodily efficiency.

Ready to serve—an ideal break fast or hunch. "There's a Reason"